

!! INTERVENTIONS NOT RECOMMENDED !!
DURING PREGNANCY FOR ASYMPTOMATIC
(UNCOMPLICATED) PREGNANT WOMEN. !!

1. Screening for preterm birth with Fetal Fibronectin test
2. Cervical Examination to screen for preterm birth prevention in low risk asymptomatic pregnant women.
3. Antenatal Pelvimetry (clinical or radiographic) in routine prenatal care.
4. Routine Urine Dipstick Test: Use of urine dipstick testing for protein and glucose during prenatal visits (the appropriate screening test for gestational diabetes is the one-hour glucola).
5. Routine Edema Evaluation in pregnancy
6. Routine Screening for Cytomegalovirus (CMV).
7. Routine Screening for Parvovirus
8. Routine Screening for Toxoplasmosis
9. Routine Screening for Bacterial Vaginosis
10. Routine Vitamin Supplementation
Pregnant women taking nutritional supplements for a medical condition should continue that supplementation throughout pregnancy. Multivitamin supplements taken one month pre-conceptually should be continued through the first trimester.
11. Routine Immunization - measles/mumps/rubella (MMR)
12. Routine Immunization - Varicella
Recommend seriological testing early in pregnancy for all pregnant women with a negative or uncertain history.
13. Routine Ultrasound (US) Evaluation of Cervical Length At Week 24
14. Repeat Screening for Anemia, Syphilis, and Isoimmunization
15. Screening for Hypothyroidism in Pregnancy

VA/DoD Clinical Practice Guideline for the
Management of Uncomplicated Pregnancy
Pocket Guide

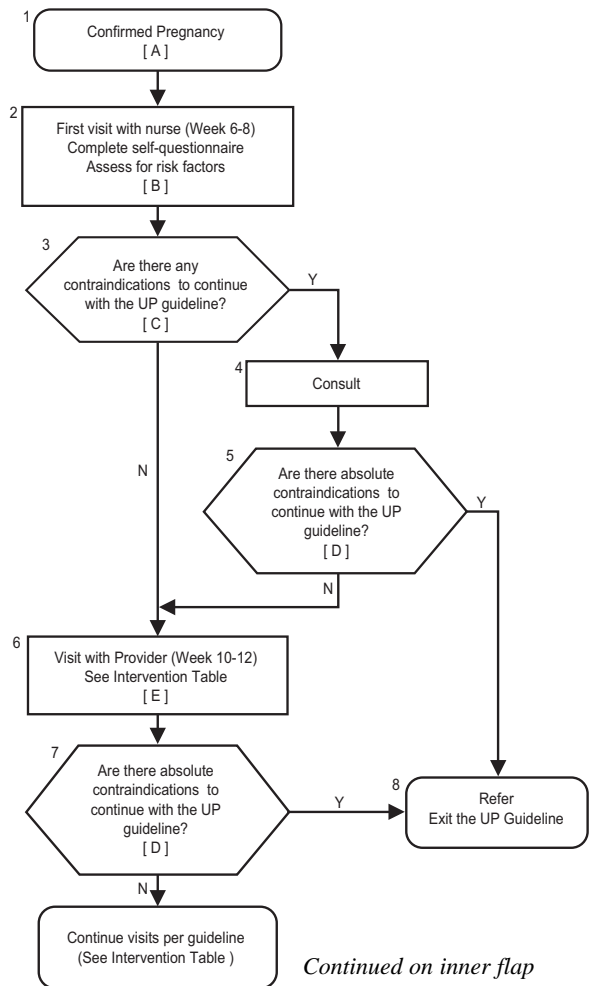


Table 1: Prenatal Risk Assessment Checklist				
Risk	Questionnaire (see Appendix A)	History Taking	Physical Exam (first visit with provider)	LAB
Past OB history - If prior macrosomia or prior gestational diabetes mellitus (GDM)	✓			Glucose for GDM
Drug use/alcohol use/smoking	✓	✓		
Prescription, over-the-counter, and herbal medications	✓	✓		
Thyroid disorders	✓		✓	
Gastrointestinal disorders	✓	✓		
Hypertension	✓	✓	✓	
Cardiovascular diseases - pulmonary	✓			
Diabetes mellitus (DM) – Type 1 or 2 - Family history of DM in first or second degree relative	✓	✓		Glucose for GDM
Renal disorder	✓			
Autoimmune disorder (AIDS)/ Lupus	✓			
Blood disorders	✓			
Sexually transmitted disease (STD)	✓	✓	✓	✓
Human immunodeficiency virus (HIV)	✓			✓
Tuberculosis	✓	✓		
Cancer	✓			
Transplant	✓			
Surgery/cesarean/breast/gynecology	✓			
Mental disease	✓			
Uterine abnormality	✓			
Genetic disease/family history of genetic disease	✓			
Religion		✓		
Language barrier		✓		
Diet restriction	✓			
Eating disorder	✓	✓		
Body mass index (BMI) - If >29			✓	Glucose for GDM
Age (<16 or >40)	✓			
Vital signs			✓	
Domestic violence	✓	✓	✓	
Homelessness		✓		
Blood pressure			✓	
Cardiac abnormality	✓		✓	
Vaginal bleeding	✓	✓	✓	
Pelvic exam			✓	Cervical smear
Dating criteria	✓	✓	✓	
Complete blood count (CBC)				✓
(ABO Rh) blood typing				✓
Rapid plasma reagent (RPR)				✓
Rubella test				✓
Hepatitis B surface antigen test				✓
Gonorrhea and chlamydia test				✓
Urinalysis and culture				✓
Antibody screen				✓

Initial OB labs should be reviewed and documented at the following visit.

Each intervention should be completed by the indicated week.

First Visit With Nurse			
		WEEK	
		6-8	10-12
I-1	Screening for hypertensive disorders	✓	
I-2	Breastfeeding education	✓	
I-3	Exercise during pregnancy	✓	
I-4	Influenza vaccine (* season-related)	✓	
I-5	Screening for tobacco use - offer cessation	✓	
I-6	Screening for alcohol use - offer cessation	✓	
I-7	Screening for drug abuse - offer treatment	✓	
I-8	Screening for domestic abuse	✓	
I-9	Screening for Rh status	✓	
I-10	Screening for rubella	✓	
I-11	Screening for varicella	✓	
I-12	Screening for hepatitis B	✓	
I-13	Screening for syphilis rapid plasma reagin	✓	
I-14	Screening for asymptomatic bacteriuria	✓	
I-15	Screening for HIV - counsel	✓	
I-16	Immunization - Td booster (first trimester)	✓	
I-17	Immunization - hepatitis B (first trimester)	✓	
First Visit With Provider			
		WEEK	
		6-8	10-12
I-18	Assessing weight gain (inappropriate)		✓
I-19	Auscultation fetal heart tones		✓
I-20	Screening fundal height		✓
I-21	Screening for gonorrhea		✓
I-22	Screening for chlamydia		✓
I-23	Screening for cervical cancer		✓
I-24	Counseling for cystic fibrosis screening		✓

Visit During Second Trimester					
WEEK		16-20	24		
I-1	Screening for hypertensive disorders	✓	✓		
I-2	Breastfeeding education	✓	✓		
I-3	Exercise during pregnancy	✓	✓		
I-4	Influenza vaccine (* season-related)	✓	✓		
I-18	Assessing weight gain (inappropriate)	✓	✓		
I-19	Auscultation fetal heart tones	✓	✓		
I-20	Screening fundal height	✓	✓		
I-25	Maternal serum analyte screening	✓			
I-26	Routine ultrasound	✓			
I-27	Counseling for family planning	✓			
I-8	Screening for domestic abuse		✓		
I-28	Educate regarding preterm labor	✓	✓		
Visits During Third Trimester					
WEEK		28	32	36	37
I-1	Screening for hypertensive disorders	✓	✓	✓	✓
I-2	Breastfeeding education	✓	✓	✓	✓
I-3	Exercise during pregnancy	✓	✓	✓	✓
I-4	Influenza vaccine (* season-related)	✓	✓	✓	✓
I-18	Assessing weight gain (inappropriate)	✓	✓	✓	✓
I-19	Auscultation fetal heart tones	✓	✓	✓	✓
I-20	Screening fundal height	✓	✓	✓	✓
I-8	Screening for domestic abuse		✓		
I-29	Assess for preterm labor	✓	✓	✓	
I-30	Daily fetal movement counts	✓	✓	✓	✓
I-31	Screening for gestation diabetes	✓			
I-32	Iron supplementation	✓			
I-33	Anti-D prophylaxis for Rh-negative women	✓			
I-34	Screening for Group B Streptococcus (GBS)			✓	
I-35	Assessment of fetal presentation			✓	✓
Visits During Post-Date					
Week		38	39	40	41
I-1	Screening for hypertensive disorders	✓	✓	✓	✓
I-2	Breastfeeding education	✓	✓	✓	✓
I-3	Exercise during pregnancy	✓	✓	✓	✓
I-4	Influenza vaccine (* season-related)	✓	✓	✓	✓
I-18	Assessing weight gain (inappropriate)	✓	✓	✓	✓
I-19	Auscultation fetal heart tones	✓	✓	✓	✓
I-20	Screening fundal height	✓	✓	✓	✓
I-30	Daily fetal movement counts	✓	✓	✓	✓
I-36	Weekly cervical check (stripping/sweeping)	✓	✓	✓	✓
I-37	Post-dates antenatal fetal testing	✓	✓	✓	✓